

The BETWEEN-US

Monthly Newsletter of the Greater Milwaukee Central Office, Inc.

Welcoming Newcomers and Aiding AA Groups in Our Community.

January 2012

Young, Crazy, Sober, Fun

By: Tina H. | Waukesha, Wisconsin

I was six years sober and had met a cute guy from the East Side of Milwaukee. We started dating and about three months later he asked me to go to a young peoples' conference in Bloomington, Ill., called ISCYPAA. I asked him "... what ... e ... paa?" I immediately talked to my sponsor since it didn't sound like real AA. Needless to say, I went. It was Illinois State Young People in AA.

Due to my boyfriend's connections, I was put on the security crew and was told to monitor the elevator as the people arrived. I was so nervous and didn't know what to expect. You could hear them running and laughing. I had never seen so many young people in one place before.

After about two hours of riding the elevator, I excitedly went to the opening ceremonies everyone was talking about. The hall was packed; more than 1,000 people showed up. A man in a suit came up and started to talk about unity and how it only takes one person to get excited about his recovery to get people involved. It was the guy I was with—he had created this vision for the Bloomington young people before he had moved. Their theme was "Plant a Seed"—and boy did it. There were more than 2,000 young, sober, crazy, fun people all there for real recovery. I wanted it. I wanted what they had, their fellowship, the love of the program, the late nights of talking, the smoking like a chimney, the all-night dance ... it was all there for me to take. I didn't sleep the rest of the conference, afraid to miss something.

I was on such a high after leaving that conference, I told my sponsor I was never going to miss another ISCYPAA as long as I was sober. I was changed; my recovery was changed. I had this feeling that I had a higher purpose in recovery, that it wasn't just about hitting meetings. I really felt that this YPAA experience should be shared by all young people so they didn't feel alone like I did when I first got sober. My purpose was going to be to serve young people!

My first efforts went to getting people to ISCYPAA every year. Three years later, Wisconsin (WICYPAA) started our own young peoples' conference. I have recently rotated off advisory council to WICYPAA and continue to work with the YPAAs. I am now working on the bid for the International (ICYPAA), learning about a whole new group of people. I have met people from all over the

U.S. and Canada.

I believe I was at a time in my sobriety when I felt that if all I had to look forward to was smoking cigs and playing cards, you might as well have shot me. I can't express my gratitude and love for that first YPAA that changed my sobriety and gave me a purpose to focus on. I have missed only one ISCYPAA in the last 20 years and continue to support the conference that changed my life. Two years ago I was given the highest privilege of sharing my experience, strength and hope at ISCYPAA—what an honor!

Thank you YPAAs and all you do for those who are coming through your doors!

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March 2011

Service Pays in Many Ways

By: Tina H. | Waukesha, Wisconsin

A young woman dives into service and learns the ropes from many old-timers

I was scared and unsure of what was to be expected of me in my new Appointed Committee Member (ACM) role. I knew this was an important meeting for AA as a whole and I didn't want to misrepresent my fellow Alcoholics, especially being young and representing the younger members of AA. As I walked into the grand foyer of the hotel you could hear the laughter and greetings of long lost friends getting reacquainted. The stir was exciting as you felt the energy of anticipation for the week to come. It was the 57th annual Alcoholics Anonymous Conference held in New York City. The heart of the action on what happens within AA. Reading about it from the service manual to actually being there seemed so surreal. Who would have thought I would ever be there???

Coming from the suburbs of Waukesha, Wis., I felt a bit overwhelmed with the large city and the magnitude of the meeting. As I looked around, I realized I was one of the few who entered this meeting as a young woman in her 30s. The average age of delegates that attended was 55. I felt a bit out of place not knowing anyone and did not look like the norm that was attending. I continued to do what I do best: try to meet new people and get out of my head. Thank goodness for those basics!

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I attended the luncheon and sat down next to an elderly man that had “Artist” on his badge. I didn’t realize that AA had an artist at the conference. As I began to inquire about his presence he told me an amazing story. From being a professional courtroom sketch artist to the conference artist had been a long journey. This man had met Bill W., our co-founder, at a meeting down the street in Manhattan. To my amazement he told wonderful stories about what it used to be like back then. As the lunch came to an end we were asked to come into the opening ceremonies of the conference. The theme—Our Twelfth Step—“Are we going to any lengths?” A resounding “No” was announced at the podium from a class A trustee that was rotating off this year. You could have heard a pin drop. He went on to state that there are areas of AA that have not been touched and that it is our duty, especially at this conference to continually search out new ways to reach others. Stressed in his speech, to have the governing traditions and concepts help guide us and allow the conference to act, as it was set up many years before, on its conscience. This speech moved me and gave me a wave of warmth that our program is entrusted in safe hands.

As a young girl growing up in this AA world, I had been to many young peoples conferences. My journey began 1990 in Bloomington, Illinois, at a hotel for ISCYPAA, which stands for Illinois State Conference for Young People in AA. Much to my surprise these two very different events had a similar theme threaded through them. An excitement and love for the fellowship along with a true dedication of service to keeping a fellowship running that changes lives. As I continued to look around at the opening ceremony, I noticed an older man with a lanyard around his neck heavily filled with buttons and pins he had collected over many years. As the day continued delegates were giving out gifts to each other in many forms, bookmarks, pins, and buttons to proudly represent their state. I laughed to myself and thought, these older members are just like the rest of us youngins—happy and proud to be a sober member of Alcoholics Anonymous. I can’t tell you how many young people’s conferences I have been to, and there is always someone running around with a ton of pins on a lanyard or a hat that has them just like this delegate I spotted.

I am no longer worried if I fit in at this level of service work. I do. And so does anyone regardless of age who has the love and passion of keeping this fellowship running by its conscience. For the younger members reading this, I assure you these old-timers are just as goofy, fun and dedicated about their service work as any young peoples conference I have had the privilege of working on ... the difference is, they know when to go to bed!

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The Officer

By: Vanessa D. | Milwaukee, Wis.

When she went missing a police officer saw her as a sick person, not a bad one. It set her on the road to grateful sobriety

Let me tell you a story about the day when a great change took place in my life. When I look back, I can’t believe I didn’t recognize what an incredible moment this was for me.

I’ve shared this story with hundreds of people, and there were many people who lived it along with me. It is the story of when I went missing at the end of my active addiction. I had come to the conclusion, as many active alcoholics do, that I was unworthy of the life I was living and that everyone would be better off without me. I had no intention of ever returning. My plan, and I admit it was a terrible one, was to drink myself to death. I thought, “At least

I won’t know what’s happening when I go.” I turned off my phone, took cash out of an ATM and walked away from my life.

I was considered a missing person for five days. For five long days my family didn’t know if I was dead or alive—this included my four-year-old daughter. Sadly, I hadn’t even thought about what my disappearance would do to the people in my life, the people who still saw something in me that I just couldn’t see in myself yet. All I knew was that I was miserable, and I didn’t believe I would ever get better. I remember being furious when a police officer found me on that fifth day...still alive. I remember thinking, “I can’t even kill

myself right!” I was not a lady that night, and I am sure I did nothing to deserve that officer’s respect. As I was escorted to the crisis center, and then lawfully committed to the mental health facility, I was unrecognizable.

Something I appreciate about my recovery is that it has taught me to offer my hand to others who are struggling with alcoholism. When I was about nine months sober, I returned to the same crisis center I had been taken to after I was located. Only this time I wasn’t there for me, I was there to help a friend who had found herself in the same hopeless position I was once in. When I arrived, I calmly talked to my friend and agreed to get her home safely. There was a police officer there who asked to take down my information. I remember he gave me a curious look while he was scanning my driver’s license. I thought maybe he had noticed that my driver’s license was suspended, and I was suddenly panicked about whether or not I was within my restricted driving hours. He proceeded to hand my information back to me without comment and my friend and I were on our way.

The next morning, my parents received a knock on their door at about 7:30am. It was the same officer that I had seen the day before. I’m sure, although my mother probably won’t admit it, my parents were thinking, “Oh Lord, here we go again!” Because this particular officer was, after all, the same officer who found me when my mother reported me missing nine months earlier. I hadn’t even recognized him, and I am not surprised he had trouble recognizing me.

What happened when my mother opened the door is just a testament to what recovery was starting to do for my life. He told her not to worry, I wasn’t in any trouble. He said that I had been at the crisis center the day before, in an attempt to help my friend. He wanted to

tell her how proud he was of me, that I was willing to go back to where I had been on that fateful night in order to extend a caring hand to a friend. He said that he rarely gets to see what happens after people leave their custody and go about their lives. Sadly, he usually only sees them again if they find themselves in trouble. He said it was pretty amazing to see someone who was once so lost, turn their life around the way that I had.

Wow! I still get tears in my eyes when I reflect on this. That officer did not have to take time out of his day to go speak with my parents, but he did. I am forever grateful to him for doing this. Because of his kind gesture, I started to realize that I had changed. It made me want to continue working even harder to be a better person.

To this day, I do not remember that officer’s name, but I remember how he made me feel. If I ever get the chance to see him again, I will be sure to do two things:

1. Apologize for being so disrespectful to him when he found me. He was simply trying to protect me from myself.
2. Thank him for seeing me as a sick person, not a bad person, and for recognizing the positive changes I had made to improve my life. I have grown so much since that day. The gifts of recovery are

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some of the most beautiful gifts I have ever received. Today, I can honestly say that I feel my Higher Power working in my life every single day. I have continued to change daily since I started this journey. Some change is uncomfortable, and along with it comes countless tears and fears, but I have friends who I can share those things with today. Some change is overwhelmingly beautiful.

When I came into the rooms of Alcoholics Anonymous, I was an absent mother, my husband had filed for divorce and I was up to my eyeballs in legal consequences. Today, my life has been restored. I am a loving mother who participates daily in her daughter's life. By

the grace of God, I am still a wife who has a new appreciation for her husband. I am a socially acceptable, productive and law-abiding citizen who accepted the consequences of her actions with humility and grace. And most importantly, I am alive. And I don't just mean alive in just a general sense of the word- that my heart is still beating, and I am breathing oxygen. I mean really alive! I enjoy life, I laugh, I play, and I have hope.

Don't ever give up before the miracle happens. And if you've tried and didn't succeed like I did, just know that your Higher Power is telling you that is not how your story is going to end.

Keep coming back. It gets better. Then it gets great. And then it gets beautiful.

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The Ninth Step—The Gift That Keeps On Giving

By: Audrey J. | Waukesha, Wis.

Making an amends, done thoughtfully, sometimes makes other amends unnecessary

The Ninth Step is about so much more than what I say in my amends and who I say it to. For instance, it is about the development of good judgment. Good judgment not only on how to make a direct amends, but the future good judgment of having behaviors that no longer put me in a position to make more amends. When I make amends, part of that process, for me, is to change the way I live—not repeat the behaviors that no longer serve me well.

I have very recent experience with this. At a meeting I have attended since the beginning of my sobriety, I was cut off by another member while getting my chair to go to my breakoff group. My attempts to get her attention failed until she turned around and bumped into me. The interaction did not go well. Her instincts and my instincts were immediately in collision. Her physical presence and choice of words and tone of voice to me made it quite clear she felt she was in the right.

My first thought was to tell her what I thought of the names she called me, how she embarrassed me in front of others, and how she was in the wrong. Several of the defects that I uncovered in Steps Four and Five were knocking at my door: the need to be right, the need to defend myself in front of others, the need for approval from others. I am sure there are more. All defects that I have made amends for in the past, more than once.

Here is where I receive the gift that the Ninth Step brings: my instincts of self-preservation ran into direct collision with the values I have acquired as a result of working the Steps and attempting, one day at a time, to practice these principles in all of my affairs. I was able to pause, which is not always the case for me. I

did not react with any words or actions that would have caused harm to anyone or put me in a position to have to make an amends. The ever tiny voice in my head was saying, "You do not want to have to make a public amends next week at this meeting."

Out of respect for Alcoholics Anonymous, respect for that meeting, and respect for the other members there, I was able to just keep my mouth shut. Discussing Step Seven, The Twelve and Twelve talks about choosing character instead of comfort. Character building has never been comfortable for me and when the rewards are not easily seen or felt, I sometimes fail to see the worth in not choosing comfort first. However, my sponsor is always telling me people will see the change in my actions, one I don't always see in myself. But when I went to my sponsor's house that evening and we worked through this, she saw the change in me, and for that I am grateful. (She reminds me that I am a work in progress.)

Had I not been shown that working the Ninth Step requires so much more than making the amends, I would not have had the awareness needed to be able to behave differently in that situation. Today, in my efforts to work towards emotional sobriety, the freedom I get from being able to draw on my experience is, by far, the greatest gift I have received.

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A Space To Heal

By: Kimberly L. | Delavan, WI.

Reading Big Book stories to her mother brought them closer together

My mom died at 1:00 AM on a Sunday. I had just arrived at the nursing home to be with her one last time. I found the calm, quiet place inside of my heart and I felt her love for me. I sat that way for a long time until everyone had left. I talked to her, telling her that I loved her and that I hoped she was safe and well wherever she was. I thanked her over and over again. I felt compelled to put my forehead on her forehead. I'm not sure why, but it seemed very important to me. I could feel her when I did that with my eyes closed. I imagined her spirit melting into my own. I felt intertwined and so very, very connected to her, and I stayed that way for a long time.

Over the past year I had been reading the Big Book to my mom. We had one story left to go when she died. I picked up the book and found our place. I sat by her bed like I had so many times before and read her that last story, barely able to say the words through my sobbing. I wondered if some part of her, somewhere, could see and hear me and feel how much it meant to me to be there with her, reading that last story of the book that had transformed both of our lives.

When I first asked my mom if she wanted me to start reading the Big Book to her, I never imagined that we would finish it in death. She seemed excited about it and said yes immediately. I think for her it wasn't so much the book itself as just her and I spending time together in a quiet, loving way. After all, she has seen me falling down drunk, mean and sad, a raging alcoholic who hated her mother. Eventually, with her help and with the help of AA, she saw my transformation into a sober daughter who loved her mother very deeply.

I would read a few pages or a chapter at a time and we would talk about it. She loved to ask me questions about it and hear my take on things. And I loved to hear her approach on the spiritual stuff because we were just so different in how we viewed things. In the end, our differences brought us closer together. She would say to me, "Let go and let God, Kim." It always seemed so easy for her and I envied that. I didn't even know what that meant at first, but I

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truly wanted to understand because I wanted the freedom that seemed to accompany that sentiment.

We were about halfway through the book when my mom was diagnosed with breast cancer. We were both scared out of our minds. But her illness forced us to grow closer. Seeing my mom's fear and how vulnerable she was during this time really helped me to open up my heart to her and to see her as she was in that exact moment. I took her to all of her doctor's appointments and I could feel how much comfort she took in having me there with her.

During the course of her illness, as we sat in countless medical waiting rooms, the stories of the Big Book pulled us through. One time, as my mother and I sat reading, a lady came into the waiting room and sat with us. I just kept reading quietly. I began to cry uncontrollably as I read a story that could have been my own. My mother reached over and held my hand. Her hand was so warm and soft, delicate but strong, comforting me as I read and cried. After my mother went in for her test, the lady smiled at me and told me what a wonderful daughter I was. A first. Lovely to hear, but hard for me to believe.

We knew that my mother would have to have a mastectomy. Surgery at the age of 83 is pretty scary when you have a bad heart, but I took off work for the surgery and we had lots of friends both in and out of the program with us. My mother was scared, but she had this unstoppable faith and was absolutely certain she was going to be OK. I was scared too, but I told her how much I loved her and how grateful I was for all she had done for me. My faith was still beginning to grow and I wasn't sure if it could be trusted. Thanks to my mother, and to the program of Alcoholics Anonymous, I now know that it can be.

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June 2010

STRANGE WORLD

By: JUDI | Fort Atkinson, Wis.

I AM presently serving a three year sentence at a women's correctional center in Wisconsin.

I am 62 years old. My crime is driving drunk and having an accident involving bodily harm. It was my second offense in four years. This time I injured two women who were in the car I hit. I was severely injured and had to be cut out from my car. I was flown to a trauma unit. That was the last time I drank. After a hospital stay of about six weeks, and six surgeries to repair the damage to my leg and ankle, I was sent home.

The doctors said it was the best they could do. I began attending AA and went to meetings in my hometown until the time of my incarceration.

My Higher Power was with me on the day my attorney came to my home. I just knew it was not going to be good news.

I picked up my sobriety coin and held it in my hand, twisting and turning it as he told me I would be going to prison.

He left, and I stood there holding my coin, looking down at it and wanting in the worst way to open a can of beer. I began to cry and looked at my coin, then picked up the phone and called my sponsor. I told him about all that had happened and he came to see me.

We talked a long time and he stayed with me until my roommate came home. I never opened that can.

It was many weeks before I was finally allowed into an AA group in prison. Those weeks felt like an eternity; I needed a meeting badly.

I picked up my sobriety coin, twisting and turning it as he told me I would be going to prison.

Up until that time, I had only my will and the help of my Higher Power to keep me going on this path in a strange world.

I made it through and I am still sober and attending one AA meeting a week. It's not enough for me, but that's all prison will allow. I'm remaining sober through determination and the help from my Higher Power.

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July 2009

END OF MY ROPE

By: GEORGE M. | Fort Atkinson, Wisc

A parolee says serving time in prison saved his life

YOU wouldn't guess by looking at me--a quiet sort of person--that my story would be dramatic. My 11 years of sobriety weren't gained by going to meetings after work or weekends. I could've had 33 years in the program, had I stuck with it when I first started going to meetings. In 1976, I started going to AA and I rang up four years of sobriety. Life improved and I quit attending meetings. I had the attitude that AA was like medicine. When you get better, you don't need it any more. When I began drinking again, it didn't take long before I was throwing up early just so I could drink all night. I was also using a lot of speed. I was single, in my twenties, a hardcore biker, and no one could tell me what to do.

I moved out of the city and bought a farm in the country. Life soon went sour. I was fired from my job of 10 years because of drinking, was pulled over twice for driving under the influence, and got divorced. I was in serious difficulty now, and in desperation I started going to AA meetings again. I got a sponsor but I was still drinking heavily and I hid my drinking from my sponsor. I even did a six-month stint as chairperson for my AA group, but I was very depressed and angry and I wouldn't confide anything to my sponsor.

I was doing irrational things when I was drunk. I was mad at my car one day, so I set the garage on fire. It got rid of the offending car, but it wasn't insured so I didn't gain anything. The homeowners' insurance paid enough to get another car, which wasn't any better than the first one. On another night, I was angry with my ex-wife so I took all the furniture that we had bought together out of the house and burned it. All I had left in the house was my bed and a table. I sold my motorcycle to pay bills--this was as big of an emotional blow as my divorce.

I called my sponsor one night but all I got was his answering machine. I was drunk and can't remember what I said. I couldn't see any way out of my difficulties so I decided to hang myself out in the barn. It's very difficult to do a complicated thing like that while drinking. I couldn't throw the rope over the beam because it was so high up. I got a ladder and broke the light bulb with it. I found another bulb, but had trouble getting up to the light fixture in the peak. When I finally had light again and got the rope over the beam, my sponsor walked into the barn.

"WHAT are you doing?" he asked. I said I was going to hang myself. "Can I watch?" he said. That ended it for me. He convinced me to go to bed and the next day I checked into a treatment center.

I sold the farm and moved into an apartment after I got out of

(Parolee: Continued on page 5)

treatment. I discovered new things about myself that I never knew. My tastes and personality sober were totally different from the hard-drinking biker guy I made myself out to be. I discovered classical music and a love of flowers. I also shopped antique stores for over-stuffed furniture and art deco items. I joined a Pentecostal church and worked on the spiritual side of my program. I didn't want to live without a motorcycle, so I bought an old fixer-upper and got it running.

You'd think that the story would have a happy ending here. Unfortunately, being sober doesn't make a person smart, at least it didn't work that way with me. A woman with whom I had worked a long time ago, when she was still in high school, reintroduced herself to me at an open AA meeting where she had taken a friend to try getting the friend sober. She was in a new-age religion that believed in messages and visions, and said that several years prior, she'd gotten a message saying she was supposed to be with me because I was her soul mate. She was an attractive girl and I was flattered that she would think of me in that way.

It was a mistake to get into a serious relationship based on someone's vision. Everything went fine for several years, but after we got married, the relationship fell apart. She moved into a spare bedroom and we lived like roommates. I was emotionally devastated to find out that she didn't love me, or even like me. She had never liked any of the things I thought we had in common. And here was when I found out the hard way that I had been neglecting my program. My sponsor had relapsed and I hadn't replaced him with anyone, because the pastor and the elders of my church had done a "laying on of hands" healing on me. I was told that my alcoholism was now gone and I was healed by God; I stopped attending meetings.

One of the church elders was a friend and he suggested we have a couple beers and talk about my relationship problems. One beer was all it took and I was drunk daily again within a few weeks. Then, when I had the pastor come over to my house to ask him why I couldn't stop drinking, he said I was sinning deliberately. God had healed me, so if I was drinking like an alcoholic, it was on purpose. I was hurt and angry and I quit going to church. About a month later, the pastor was fired from the church when it was discovered that he was having an affair with the wife of the elder I drank with.

I don't know how long I could've held on to what was left of my life. I was drinking again and I was living with a woman who thought God punished her by telling her to marry me. This is when the bottom fell out of my world.

There was a fire in a vacant apartment beneath mine. The police thought it was arson; all the tenants had an alibi but me. I had gotten drunk early in the day and I couldn't remember anything after 4 P.M. I was terribly depressed and had been having suicidal thoughts. While being questioned by the police, I said that it was possible I'd started the fire. I was remembering the times in the past when I burned the car and furniture.

I WAS charged with arson and sentenced to 15 years in prison. I thought I had just been sentenced to hell. I've never thought of myself as a criminal, just a guy with a drinking problem. I spent six years in maximum-security prisons, two years in medium-security, and then went to a minimum facility with work-release privileges. You might think this was a terrible experience, but it depends on how you look at it. Prison was rough. I got caught up in a prison riot and got teargassed. I saw an inmate die from an asthma attack while the guards ignored him. Another inmate committed suicide. I saw gangs attack people on the recreation fields. I had to fight off a cellmate who wanted me to be his "bitch." All these things were hard to cope with, but prison was actually a success for me.

I think of it as God's divine intervention in my life. If I hadn't gone to prison, I might've killed myself or someone else through my

drinking. I'm certain that I couldn't have survived as a practicing alcoholic much longer. In prison, I attended a nine-month-long, 24-hour-a-day, seven-day-a-week treatment program. When you do group therapy with 15 other inmates and you're in denial, they'll tear you apart. I needed a hardcore rehab program to break through a lifetime of denial and stinking thinking. This was during my fourth year of incarceration. Six months before my release, I started a four-month-long relapse prevention program.

After nine years I was granted parole. I'll be paying restitution for the rest of my life, but I'm free! I'm free from prison and I'm free from the compulsion to drink. I believe that God knew this was the only way to get me off the streets long enough for the AA program to take root inside me.

I no longer believe I can be cured of alcoholism, and I no longer hold back from speaking about things that I once thought were no one's business but my own, or that I might have previously been too embarrassed to talk about. I believe that half the mistakes I've made in my life wouldn't have happened if I'd talked to a sponsor regularly. I now have a sponsor, I go to meetings and I do service; I volunteered to be the Corrections representative and also the Bridging the Gap coordinator for my local AA group.

I have 11 years of sobriety, and I live a life now that is different from anything I've ever known.

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August 2016 | Newcomers

12 steps to gate 7

By: Jim R., Sussex, Wis.

A newcomer learns it's never too early to reach out and help a fellow frequent flyer

With a little more than 90 days of sobriety, I found myself in a situation similar to one I had recently read about in a Grapevine article. While waiting in the Minneapolis-Saint Paul Airport to board a connecting flight home, a page came over the intercom asking for friends of Bill W. to dial 201 from a courtesy phone.

I hesitated. How could I—with barely 90 days in the program—help another alcoholic? I had just hung up the phone after speaking with my sponsor about having thoughts of ordering a drink on my previous flight.

I was flying home a day later than planned after extending a business trip in the Southwest. I had attended an AA meeting earlier in the week, and to close the meeting we joined hands and recited the Responsibility Declaration. That, however, had been a few days earlier, and for a brief moment my old alcoholic brain prevented me from realizing that any member of AA is capable of performing Twelfth Step service.

So as I heard the page go out, I thought things like, I can't answer that page. What if the person who needs help is on the other side of the airport? I can't miss my flight home. I'm already a day late. Then it hit me: I am responsible, just like the folks who gave me rides to meetings when I couldn't get there on my own.

I looked around, located a courtesy phone and walked over to dial 201. The phone on the other end rang for a long time and I thought to myself, Whew, I'm off the hook. But then a man answered. I identified myself as a friend of Bill W. He let me know I was looking for a guy in a red T-shirt by gate F7. F7? I was departing out of gate F7 and had been standing right next to a man in a red T-shirt a minute ago!

I walked back to my gate and asked the man in the red shirt if he

(Gate 7: Continued on page 6)

was looking for a friend of Bill W. Sure enough, he was the right person. "So what's going on?" I asked.

I listened to his story about being fresh out of a 28-day rehab and heading home. Thanks to having read stories in Grapevine and other places, I knew that people coming out of rehab can feel overwhelmed. I continued to listen and felt thankful when a couple of AA old-timers showed up to take control of the situation. We had an impromptu meeting of the Fellowship standing right there in the middle of the F concourse in the Minneapolis-Saint Paul Airport.

After about 10 minutes, the old-timers both needed to head off to make their flights home. I continued to talk with the man in the red shirt a bit longer. I asked if he had his Big Book or a Grapevine along to read on the flight home. He said he thought he did and dug around in his backpack. When he realized he'd packed it in his suitcase, I reached in my briefcase and handed him my little Big Book. This was the one I'd highlighted heavily as I worked through the first four Steps with my sponsor.

I never really gave much thought to giving away that book that had been so many places with me during my first 90 days in AA. I had another Big Book at home and often read the electronic version. Another AA member needed that Big Book far more than me at that moment. I walked away from my friend feeling more spiritually alive and consciously connected than at any other moment in my life.

With the encouragement of my sponsor, I told this story often over the next two weeks in breakout groups and one-on-one with other AAs. I told the story not to brag about the experience but to share the importance of our Responsibility Declaration. We take the program and life one day at a time. On that day in Minneapolis, four alcoholics stayed sober one more day, in part because of that meeting in the F concourse.

After one telling of the story, an old-timer came up and handed me an old worn copy of Twelve Steps and Twelve Traditions, the small pocket-sized version. She said it was for me. The type had become too difficult for her to read. I'd been preparing to buy a copy but now I have one with so much more meaning and history. I like to think my friend in the red T-shirt feels the same way about my old little Big Book. Pass it on and give it away. That's how we do it.

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April 2016 | Featured Section

Drifting Away

By: Tom H., Madison, WI.

Some years back, after I'd been in AA for eight years, my recovery had plateaued. I was restless (read bored). I was in San Francisco while my wife was attending a convention, and I went to a midday AA meeting near the event in a small building behind a church.

One of the attendees was a guy named Tom who was just back after a couple of months of drinking. Maybe because his name was the same as mine, but moreover I think because of his honesty and willingness to share his pain, I was moved by what he said. He had "drifted away from AA," then stopped going to meetings altogether, and then relapsed.

Having relapsed myself once when I had six months, I sure didn't want to do that again. Wow, I thought, here was someone who had had so many years more than me and he sure was not a happy camper. So I made an effort to renew my program and to increase the number of meetings I attended. In fact, most every day since, I've been in a meeting. Last week I celebrated my 32nd AA anniversary.

I've never stopped thinking about Tom and being grateful to him for sharing his pain with us. I've been back to San Francisco meetings twice but I never ran across Tom again. I hope he is well; he sure helped me that day and every day since.

Reprinted with permission AA Grapevine, Inc.

Come Join Our Tuesday Nite Impaired Professional AA Meeting



Tuesday nights at 7:00
Holy Trinity Lutheran Church
11709 W. Cleveland Ave., Milwaukee

Not just for professionals but for anyone seeking sobriety and a better way of life by working the 12 steps and living well. Come share in the fellowship with us and start enjoying life again.

We meet in person and on Zoom. Meeting ID = 98178765495, Password = 071150.
Hope to see you there!!

Brown Bag Meeting, Wednesdays @ The H.O.W. to Club



Open Meeting/Bring Your Own Lunch

This is an open meeting where you bring your own lunch but please purchase your drinks at the club.

Wednesdays, Starting 11/6/24

Meeting time @ 12:30-1:30

HOW to Club - 8930 W National Ave, Milwaukee, WI 53227
Contact Rick H. For more information: 262-758-4705

**ST. LUKE'S EPISCOPAL CHURCH 3200 S. HERMAN ST.
BAY VIEW**



**WE GRATEFULLY NEED YOUR SUPPORT!
COME AND CHECK US OUT**

3 Bucks In The Basket... Make it a Reality, not just a dream!



"Every AA group ought to be fully self-supporting, declining outside contributions." Tradition Seven, Twelve Steps and Twelve Traditions,

Reprinted with permission AA World Services, Inc.

[Seventh Tradition Checklist](#)

Use **[VENMO](#)** on your smartphone to contribute.

Or Contribute using **[PayPal](#)** or your **[Credit Card](#)** from our website.



MILW. CENTRAL OFFICE

- E-mail us at:
dan@aamilwaukee.com
- Hours:
M - F 9 a.m. to 4:30 p.m.
Sat. 9 a.m. - 12 p.m.
- Board of Directors Meeting, in-person.
Wednesday following 2nd Tuesday (odd months)
6:30 p.
- A. A. Meetings, Sun. at 9 a.,
Mon.- Fri. at 12:15 p.,
Sat. 9:15 a., & 10:30 a.
- Dist. 14 monthly meeting,
4th Wed. at 7 p.m.
- Dist. 16, monthly meeting
1st Thursday at 6:00 p.m.

Spanish Speaking Meetings:

Meeting at English Speaking Clubs

- Pass It On Club, 6229 W. Forest Home Av, Milw. GRUPO 5 CONCEPTOS, 7:00 P.M. Saturdays, Upstairs. And Viajeros Wisconsin, 7:00 P.M. Saturdays, in lower level.
- GRUPO NUEVO AMANECER, Tri-County Unity Club, 104 N. First St, Watertown, on Tuesdays and Fridays at 7:00 PM and on Sunday at 11:00 AM
- GRUPO FE Y ESPRONZA, Gratitude Club, 295 Ruggles St. Fond du Lac WI on Wednesday at 7:00 PM and Sundays at 4:00 PM

SAFETY CARD FOR A.A. GROUPS

(The General Service Office has made this optional statement available as an A.A. service place for those groups who wish to use it.)

Suggested Statement on Safety

Our group endeavors to provide a safe meeting place for all attendees and encourages each person here to contribute to fostering a secure and welcoming environment in which our meetings can take place. As our Traditions remind us, the formation and operation of an A.A. group resides with the group conscience. Therefore, we ask that group members and others refrain from any behavior which might compromise another person's safety.

Also, please take the precautions you feel are necessary to ensure your own personal safety, for example, walking to your car in a group after a meeting. If a situation should arise where someone feels their safety is in jeopardy, or the situation breaches the law, the individuals involved should take appropriate action. Calling the proper authorities does not go against any A.A. Traditions and is recommended when someone may have broken the law or endangered the safety of another person.

Service Material from the General Service Office

All the groups listed in our meeting directory, should be contributing regularly to the support of your Central Office. We want to be here when anyone reaches out for help. A big thank you to everyone, for all you do.

Need to make a group or personal contribution? Use our **[CONTRIBUTE](#)** button on our website: aamilwaukee.com or use our your **[VENMO app](#)** from your smartphone.

Meeting Space Currently Available

- **[DryHootch, 4801 W National Ave.](#)** Space available various time of day and evening. Call Otis W. [414-336-6576](tel:414-336-6576)
- **[West Allis Senior Center.](#)** 7001 W National Ave, West Allis WI. Call Shanon at [414-302-8717](tel:414-302-8717).
- **[Luther Memorial Church,](#)** 2840 S 84th St. West Allis WI. Contact by email: prviviane28@outlook.com
- **[St Peter's Episcopal Church,](#)** 7929 W Lincoln Ave, West Allis, Contact: Steve 414-543-6040 or email: christumc1@sbcglobal.net
- **[Anchor Covenant Church](#)** 1229 Park Row, Lake Geneva WI 53147, contact Laura, office@anchorcovenant.org

Redemptorist Retreat Cen-

ter, 1800 N Timber Trail Lane, Oconomowoc, WI 53066, (262) 567-6900 Email: rrc@redemptoristretreat.org
Please call for information and schedule of retreats for recovering people. AA and AI-Anon, \$260 three nights. We discuss the 12 steps and related topics.

2025 Weekend Retreats

[Jesuit Retreat House,](#)

4800 Fahrnwald Rd.

Oshkosh, WI.

WI 54901,

call 800-962-7330

jesuitretreathouse.org

Men and Women

in AA, AI-Anon

Total cost: 4 days \$440.00.

Send a \$75.00 deposit with requests for specific dates to retreat house or call for info.

ZOOM MEETING NEEDS SUPPORT!

ZOOM At Noon Women's Meeting

Monday, Wednesday and Friday at 12:00 PM (Noon)

[https://us02web.zoom.us/j/5877359740?](https://us02web.zoom.us/j/5877359740?pwd=Rytda2hwNWczeExqL1l2SjZFR2dYUT09)

[pwd=Rytda2hwNWczeExqL1l2SjZFR2dYUT09](https://us02web.zoom.us/j/5877359740?pwd=Rytda2hwNWczeExqL1l2SjZFR2dYUT09)

By phone, dial 312-626-6799 and enter Meeting ID #

Meeting ID: 587 735 9740 Password: 123456

DISTRICT MEETINGS

COMPLETE DISTRICT INFORMATION ON THE WEB:

<https://www.area75.org/page/districtmeetings>

1. Jackson, LaCrosse, Monroe, Vernon & Trempealeau; 2 & 18 Green Lake & Marquette Counties & part of Waushara; 7. Kenosha; 17. Racine County; 8 & 30 Rock County; 9. Crawford, Grant, Iowa and LaFayette; 19 & 37. Richland & Sauk; 20, 21 & 26 Dane; 31. Columbia County; 35. Green; 37. Juneau County.

(Check the web address above for meeting info.)

3. MANITOWOC & SHEBOYGAN CNTY'S: 3rd Wed. of month, 6:30 p., Even numbered months at 1907 Club, 2908 N. 21st St., Sheboygan. Odd numbered months: Alano Club, 404 S 29 St Manitowoc

6. WALWORTH CNTY: 2nd Tue. 7:30 p. odd numbered months only, Walworth Alano Club, 611 E. Walworth St., Delavan

10. Spanish District. Contact: Salvador G. at 414-446-0158. Meets 1st Sunday 5 p.m. 1663 S. 6th Street, Milw.

11. JEFFERSON CNTY: Meets last Wed. at 5:30 p.m. Moravian Church, 301 College St., Lake Mills, or Zoom: 817 4085 9820, Password: 665473

12. WASHINGTON CNTY: 1st Wed. of month, 6:00 p., the Jackson Community Center N165W20330 Hickory Ln., Jackson, WI. 53037

13. WAUKESHA CNTY: 2nd Sunday of month, 1:00 p, St. Matthias Church, 111 E. Main, Waukesha

14. MILWAUKEE CNTY: 4th Wed. of month, 7:00 p, Milwaukee Central Office 7429 W Greenfield Ave., West Allis WI 53214

16. MILWAUKEE CNTY: 1st Thursday of month, 6:00 p, Milw. Central Office, 7429 W Greenfield Ave. West Allis WI 53214

23. DODGE CNTY: Last Sunday of month at 6:00 p, Dodge Cnty Alano Club, 115 N. Lincoln, Beaver Dam, call to confirm 920-583-3142

24. OZAUKEE CNTY: 3rd Tue. of month, 6:30 p., Advent Lutheran Church, W63N642 Washington Ave, Cedarburg, WI 53012.

25. FOND du LAC CNTY: 2nd Tue. of month, 5:30 p., Gratitude Club, 295 Ruggles St., Fond du Lac, WI.

27. MILWAUKEE CNTY: 3rd Wednesday of month at 7:00 P.M., the Zoom ID number is [824 0616 9567](https://us02web.zoom.us/j/6870109941?pwd=YVl4SVQzU3FaSE1rc3dzVmtxdFM4QT09) the password is 869 916. Covenant Lutheran Church, 8121 W Hope Ave, Milwaukee, WI 53222.

28. MILWAUKEE CNTY: 2nd Thursday of month, 7:00 p, Prince of Peace Lutheran Church, 4419 S Howell Ave, Milwaukee WI 53207.

29. MILWAUKEE CNTY: 1st Mon. of month, 7:00 p, Luther Memorial Church, 2840 S 84th St., West Allis, WI 53227

32. & 33 WAUKESHA CNTY: 4th Tuesday of month, 6:30 p, Meeting ID: [321 751 3275](https://us02web.zoom.us/j/3217513275), Passcode: [323232](https://us02web.zoom.us/j/3217513275)

34. WAUKESHA CNTY: 1st Tues. of month, 6:30 p, Northwest Area Alano Association, N88W17658 Christman Rd., Menomonee Falls. Join online at: <https://us02web.zoom.us/j/6870109941?pwd=YVl4SVQzU3FaSE1rc3dzVmtxdFM4QT09>

36. RACINE/KENOSHA: 2nd Tuesday of the month 6:00 p.m., 12 & 12 Club, 482 S Pine St., Burlington

38. MILWAUKEE CNTY: Last Sunday of month 4:00 p.m. Milwaukee Group Meeting Room, 933 E Center St. Milwaukee WI 53212

SEND ADDITIONS AND CORRECTIONS TO:

7429 W. Greenfield Ave, West Allis, WI 53214, dan@aamilwaukee.com

[Area 75, Southern WI, Calendar of Events 2025](#)

[Madison Senior Center,](#)

[330 W Mifflin St, Madison WI.](#)

[9 A.M. to Noon except where noted.](#)

[Summer Service Assembly](#) – June 22, at the [Madison Senior Center](#)

[International Conference](#) – July 3-6, in [Vancouver, B.C., Canada](#)

[Fall Service Assembly](#) – September 14, at the [Madison Senior Center](#)

[Area 75 Fall Conference](#) – November 7-9, at [Ingleside Hotel,](#)

[Pewaukee, WI](#)

CORRECTIONAL INSTITUTIONS

In-person meetings have started back up in the Area corrections facilities. Contact Fred K. , Area Corrections Chair by email; corrections@area75.org for information on days and times of meetings.

For meetings at Milwaukee Area Correction facilities contact:

Andrew K. at 262-239-6528 or email: mcccoordinator@gmail.com

- **TAYCHEEDAH CORRECTIONAL**, Fond du Lac, WI 54937
- **OAK HILL CORRECTIONAL INSTITUTION:** 5212 County Road M, Fitchburg, WI 53575
- **WAUPUN CORRECTIONAL INSTITUTION**, Waupun WI
- **FOX LAKE CORRECTIONAL**, Box #147, Fox Lake, WI 53933
- **JEFFERSON COUNTY JAIL** 411 S. Center St., Jefferson, WI,
- **RACINE CORRECTIONAL INSTITUTION** for MEN 2019 Wisconsin St, Sturtevant, WI 53177
- **FEDERAL CORRECTIONAL** Satellite Camp, Oxford, WI.
- **THOMPSON FARM**, RT. 2 DEERFIELD, WI.,
- **ROBERT ELLSWORTH CORRECTIONAL**, Union Grove, 53182
- **KETTLE MORAIN CORRECTIONAL**, Forrest Dr., Plymouth,
- **MILWAUKEE COUNTY HOUSE OF CORRECTION**, 8885 S. 68th St. Franklin WI. Emily J. by Email: mcccoordinator@gmail.com
- **MILWAUKEE COUNTY JAIL** 9th & State Milwaukee WI. Emily J. by Email: mcccoordinator@gmail.com
- **MILWAUKEE SECURE DETENTION**, 1015 N. 10th St. Emily J. by Email: mcccoordinator@gmail.com.
- **MILWAUKEE WOMEN'S CORRECTIONAL CENTER**, 615 W Keefe Ave. Emily J. by Email: mcccoordinator@gmail.com

MILWAUKEE COUNTY CORRECTIONS COMMITTEE: meets IN-PERSON. Contact Andrew K. at 262-239-6528 or email: mcccoordinator@gmail.com for date and location. Donation can be sent to: MCCC, PO Box 270544, Milwaukee WI 53227-0544. Contact coordinator: Email: mcccoordinator@gmail.com with questions.

Corrections volunteers must go through the committee to get AA literature to take into the various facilities. Milwaukee Central Office no longer handles the funds.

ADDRESSES YOU MAY SOMEDAY WANT TO KNOW!

[Milwaukee Central Office:](#) 7429 W Greenfield Ave, West Allis, WI 53214 gmco@aamilwaukee.com

- [Area 75 Treasurer:](#) 6580 Monona Drive #1040, Monona, WI 53716
- General Service Office, P.O. Box 2407, James A Farley Station, New York, NY 10116-2407
- Area 75 Corrections@area75.org, Bridging the Gap/Treatment@area75.org or mail: 6580 Monona Drive #1062, Monona, WI 53716
- Area 75 Accessibilities Chairperson: accessibilities@area75.org
- [Southern Wisconsin Deaf Access Committee](#) : Email: milwareadeafaccess@gmail.com;

MEETING ROOMS

NEW DAY CLUB

11936 N. Port Washington Rd
Mequon, (262) 241-4673

www.newdayclub.org

A.A. MEETING SCHEDULE

Sun. 8:00 a. Topic
11:00 a. Topic
5:00 p. Young People
7:30 p. Topic
Mon. 12:30 p. Tenth Step Gp
5:30 p. More about Alcoholism
8:15 p. Men's Gp
Tue. 10:00 a. Topic
5:30 p. Big Book
8:00 p. Big Book Gp
Wed. 10:00 a. Topic
2:00 p. Promises Meeting
5:30 p. Step Meeting
7:00 p. Women's Lifeline
Thur. 10:00 a. Topic Meeting
1:00 p. Women's AA Gp
5:30 p. Topic Meeting
Fri. 10:00 a. Topic Meeting
5:30 p. Step/Tradition
8:00 p.
Sat. 10:00 a. Step Meeting
5:00 p. Fellowship of Spirit
7:00 p. Feelings
10:00 p. Young People
7:00 p. Open Meeting (held on
3rd Saturday of month only)

AL-ANON MEETINGS
Monday 6:30 p. Al-Anon
Tuesday 1:00 p. Al-Anon/ACOA
Wednesday 7:00 p. ACOA
Thursday 7:00 p. Al-Anon
Contact club for information on other fellowships.

PASS IT ON CLUB

6229 W. Forest Home Ave
Milwaukee WI (414) 541-6923

www.passitonclub.com

A.A. MEETING SCHEDULE

Sun. 8:00 a. Sun. Wake Up
9:30 a. Reliance Meeting
11:00 a. Today's choice
3:00 p. Gratitude Plus
7:00 p. Big Book Readers
Mon. 7:30 a. Jump Start
10:30 a. First Step
4:00 p. Happy Hour Step Gp.
7:00 p. Open Introductory AA
Tue. 7:30 a. Comin' Back Gp
10:30 a. Keep It Simple
4:00 p. Drop the Rock
6:00 p. Key To Sobriety Women's
7:30 p. Three Legacies
7:30 p. Double Trouble DD/O
Wed. 7:30 a. Big Book Study
10:30 a. Pass It On
4:00 p. Happy Hr Promises
6:00 p. Courage to Change
7:00 p. We, Us & Ours
Thur. 7:30 a. Welcome Back Gp
10:30 a. Made Decision
5:15 p. As Bill Sees It
7:00 p. Gateway Topic Gp
Fri. 7:30 a. Honesty Gp
10:30 a. Came To Believe
6:00 p. Women's Fri. Kickoff
6:30 p. Thoughts 4 Today
8:00 p. Broken Arrow
8:30 a. Early Bird
Sat. 10:30 a. Happy Joyous Free
7:00 p. Vajeros Wisconsin lower level
7:00 p. 5 Concepts upstairs
8:00 p. Back to Basics 12x12

LAKE AREA CLUB

N60 W 35878 Lake Dr
Oconomowoc, WI
(262) 567-9912

www.lakeareacub.com

A.A. MEETING SCHEDULE

Sun. 8:00 a. Early Bird
9:30 a. Literature Meeting
11:00 a. Friendship Gp
6:00 p. Big Book
8:00 p. Gopher Sunday
9:00 a. Positive Attitude
6:30 p. Otter Gp
8:00 p. Step/Tradition Study
Tue. 1:00 p.
4:00 p.
7:00 p. Life House Beginners
8:00 a.
Wed. 10:00 a. Back To Basics
2:00 p. Women's Meeting
6:00 p.
8:00 p.
Thur. 10:00 a.
4:00 p.
5:00 p. Woman's Way 12 Steps
6:00 p. Hybrid Meditation Mtng
Zoom ID: 89239303536, PW: 999525
8:00 p. Grapevine Mtng
Fri. 12:30 p.
4:00 p.
8:00 p. Old School House
Sat. 10:00 a. Big Book
OPEN AA/Al-Anon
SPEAKER MEETING
Sat. 7:00 p. 2nd & 4th Saturdays
(AA and/or Al-Anon Speakers)
AL-ANON MEETINGS
Mon. 7:00 p. Al-Anon
Tue. 9:00 a. Al-Anon
Wed. 7:00 p. Al-Anon & Alateen

WAUKESHA ALANO CLUB

318 W. Broadway

Waukesha, WI, 262-549-6541

http://alanoclubofwaukesha.com/

(IP)=In-person,

Sun. 9:30 a. Sun Morn Sunlight (IP)
11:00 a. Sun Go-To-Mtng (IP)
Mon. 12:00 p. (IP)
6:00 p. Beginners AA (IP)
7:00 p. (12 & 12) (IP)
Tue. 12:00 p. Wed Nooners (IP)
5:30 p. Topic Gp (IP)
Thur. 12:00 p. Nooners (IP)
Fri. 12:00 p. T.G.I.F. Gp (IP)
6:00 p. Fri 4th Dimension B/B (IP)
Sat. 6:00 a. Early Morning (IP)
10:00 a. Gp 124 (IP)

OPEN MEETINGS,
DANCES & EVENTS
Call for information.

GALANO CLUB

- LGBT & All in Recovery -
7210 W Greenfield Ave LL
Milwaukee, WI 53214, 414-276-6936

http://www.galanoclub.org/

galanoclub@gmail.com

(V)=Virtual, (IP)=In-person, (V & IP)=Both
In Person and Phone Meetings Phone/
Video AA Meetings, Call (978) 990-5195
Meeting Id: galano7210
Code: 1919178#

Sunday: (V & IP)

10:30 a.m. - AA - Step / Topic
Meeting (In-person/phone/video)
10:30 a.m. - Al-Anon - Papillion Group.

Sunday: (V & IP)

4:00 p.m. - AA - Personal lead & Daily
Reflections. Meeting (In-person/
phone/video) 4th Sunday is Open Mtng.

Monday: (V & IP) 7:30 p.m. - AA "Came
to Believe" 12 Spirituality. (In-person/
phone/video)

Tuesday: (V & IP)

6:00 p.m. - AA Over and Under 40
Group (In-person/phone/video)

Thursday: (V & IP)

7:30 p.m. - AA - Living Sober One Day at
A Time In-person & Phone/video

Friday: (V & IP)

10:30 a.m. AA Step & Topic

NORTHWEST AREA

ALANO ASSOCIATION*

N88 W17658 Christman Rd
Menomonee Falls WI

53051 (No Phone)

Room 202

A.A. MEETING SCHEDULE

(V)=Virtual, (IP)=In-person, (V & IP)=Both

Sun. 10:00 a. Big Book Rm 202
7:00 p. Sun Night Gp Rm 202
Mon. 7:00 p. Just Do It Gp Rm 202
Tue. 10:00 a. Step
8:00 p. Topic
Wed. 7:00 p. Step/Topic
Thur. 10:00 a. Step
6:00 p. Women's
Fri. 8:00 p. Step/Topic (V & IP)
Sat. 10:00 a. Sat Serenity Gp
7:00 p. Simply Sober Gp Rm 202

AL-ANON MEETINGS

Wed. 7:00 p. Al-Anon
Fri. 7:30 p. Al-Anon

*This is a Smoke-Free environment. We
have ample meeting space available for
12 Step groups. Contact the Northwest
Alano Club by mail.

WALWORTH

COUNTY ALANO CLUB

611 Walworth St.

(Hwy. 50 & 11)

Delavan, WI 53115,

(262) 740-1888

Sunday AA

10:00 a. Primitive Group
12:00 p. Open Speakers
6:30 p. Delavan Discussion

Monday AA

7:30 a. Sunny Side Up
12:00 p. Delavan Step Meeting
6:30 p. Delavan Meeting

Tuesday AA

7:30 a. Sunny Side Up
12:00 p. Delavan Noon Gp.
6:30 p. Delavan 12 Step Topic

Wednesday AA

7:30 a. Sunny Side Up
12:00 p. As Bill Sees It Gp.
6:30 p. Delavan IT Meeting

Thursday AA

7:30 a. Sunny Side Up
12:00 p. Delavan Noon Gp.
6:30 p. Delavan Big Book Gp.

Friday AA

7:30 a. Sunny Side Up
12:00 p. Big Book Study
6:30 p. Delavan Discussion

Saturday AA

7:30 a. Sunny Side Up
12:00 p. Delavan Noon Gp.
6:30 p. Delavan Beginners Gp.

ALANO CLUB

1521 N. Prospect Ave.,
Milwaukee, WI, 53202
(414) 278-9102

http://www.mkealanoclub.org/

A.A. MEETING SCHEDULE

Sun. 7:00 a. AA Express Mtng
7:45 a. AA Big Book/Discussion
10:00 a. Gp 17 Step
Mon. 7:00 a. Early Morning
10:30 a. Gp 72 Topic
12:15 p. Gp 76 Lunch Bunch
6:30 p. Gp 40 Big Book
Tue. 7:00 a. As Bill Sees It,
10:30 a. Gp 70 Step
12:15 p. Gp 76 Lunch Bunch
7:00 p. Beginner's Meeting
Wed. 7:00 a. AA
10:30 a. Gp 9, Step
12:15 p. Gp 76 Lunch Bunch
6:00 p. Chicks at Six Gp, women,
Child Care available
7:30 p. We Agnostics
Thur. 7:00 a. Thr Express Mtng
10:30 a. Gp 97, Step
12:15 p. Gp 76 Lunch Bunch
7:00 p. AA (LGBT)
Fri. 7:00 a. Daily Reflections
10:30 a. Gp 21, Step
12:15 p. Gp 76 Lunch Bunch
6:30 p. Here & Now Friendly Gp
7:30 p. Men's Zoom Mtng.
12:15 am. Second Shifters (Sat.)
Sat. 7:00 a. AA Meeting
11:00 a. Gp 87 Step
7:30 p. Open AA Speaker
AL-ANON MEETING
Sunday 10:00 a. Al-Anon

H.O.W. TO CLUB

8930 W. National Ave,
West Allis, (414) 543-2448
mailto:howtoclub8930@yahoo.com

<https://www.howtoclub.org>

Hours: 9am to 9pm daily.

Sun. 8:00 a. Eye Opener AA Gp.
10:00 a. Grass Roots (Steps)
4:30 p. Drop the Rock 6/7 Step
6:00 p. Restore Us To Sanity
7:30 p. Sun. Sober & Serene
Mon. 11:00 a. Winner's Circle
5:45 p. Gp 132, Women's Gp
7:00 p. Big Book Gp.
8:00 p. New Hope Gp.
10:30 P. What's the Point Gp.
Tue. 11:00 a. Willingness Group
6:00 p. Tue Topic 6pm Gp
8:00 p. New Hope Meeting
Wed. 10:00 a. Foundations Meeting
6:00 p. AA Beginners Gp.
7:00 p. Women's Freedom
8:00 p. Promises Group
Thur. 10:00 a. But For Grace Of God
6:00 p. Here and Now
8:00 p. How To Get It Going
Fri. 6:00 a. Early Risers Big Book
11:00 a. Priority Group
6:00 p. Big Book Friday
8:00 p. R.U.S. For Us
11:00 p. Candlelight Promises
Sat. 9:15 a. Men's Topic
11:00 a. Pioneers Group
3:00 p. Spiritual Growth
6:00 p. 1st & 12 Topic
8:00 p. Open Speaker 3rd Sat
8:00 p. HOW To Saturday

24 HOUR CLUB

153 Green Bay Rd.
Thiensville, WI

http://www.howtoclub.org

A.A. MEETING SCHEDULE

(V)=Virtual, (IP)=In-person, (V & IP)=Both

Sun. 8:00 a. Topic
10:00 a. Step/Topic (V & IP)
Meeting ID: 816 604 624 PW:
485594
Mon. 6:30 a. Topic (V & IP) Meeting ID:
816 604 624 PW: 485594
10:00 a. Topic
8:00 p. Men's
Tue. 6:30 a. Topic (V & IP) Meeting ID:
816 604 624 PW: 485594
10:00 a. Step/Topic
5:30 p. Big Book
Wed. 6:30 a. Topic (V & IP) Meeting ID:
816 604 624 PW: 485594
10:00 a. Big Book
Thur. 6:30 a. Topic (V & IP) Meeting ID:
816 604 624 PW: 485594
10:00 a. Topic
5:30 p. Step/Topic/Trad
Fri. 6:30 a. Topic (V & IP) Meeting ID:
816 604 624 PW: 485594
10:00 a. Step/12 & 12
8:00 p. Step
Sat. 6:30 a. Topic (V & IP) Meeting ID:
816 604 624 PW: 485594
8:30 a. Big Book/Steps
10:00 a. Big Book
8:00 p. Open Speaker Mtng.
(1st Saturday Only)

In Person AA Groups NEED YOUR SUPPORT

- **Sun. 7 p.m.** Waukesha Sunday Night Beginner's, Ascension Lutheran Church, 1415 Dopp St, Waukesha WI
- **Sun. 7 p.m.** Butler Sunday Night, St. Agnes, 12801 W Fairmount St, Butler WI.
- **Mon. 7 p.m.** Unity Gp, 4600 Pilgrim Rd, Brookfield, WI
- **Mon. 7 p.m.** Group 232, Mother of Good Counsel, 6924 W. Lisbon Ave, Milwaukee, WI 53226
- **Wed. 8:00 p.m.** Helping Hand, Nativity Lutheran Church, 6905 W Bluemound Rd, Milwaukee WI
- **Thurs. 8:00 p.m.** Grateful Gp. Chabad House, 3030 E Kenwood Blvd, Milwaukee, WI
- **Thurs. 8:30 p.m.** Gp 22, Underwood Memorial Baptist, 1916 Wauwatosa Ave,
- **Fri. 9:30 p.m.** Big Book, Martin Luther Church 9235 W Bluemound Rd. Milw.
- **Sat. 8 p.m.** Gp 18, St Luke's, 3200 S Herman, Bay View, WI

MEETING ROOMS

UNITY CLUB 1715 Creek Rd West Bend, (262) 338-3500 unityclub1715@att.net www.facebook.com AA MEETING SCHEDULE Sun. 10:30 a.* Gratitude Gp. 7:00 p. Candlelight Gp. Mon. 10:00 a. Monday A.M. 7:00 p. Men's 7:00 p. Women's Tue. 10:00 a. Tuesday A.M. 6:00 p. More About 12&12 7:30 p. Beginner's Wed. 10:00 a. Promises 1:06p. Steps/Promises 5:00 p. Happy Hour Gp Thr. 10:00 a. Big Book Fri. 10:00 a. Step/Topic Gp 6:00 p. Big Book Sat. 10:00 a. Here & Now 700 p. 12 Step Meeting AL-ANON & ALATEEN MTNGS Wednesday 1:00 p. Al-Anon Friday 11:00 a. Al-Anon Saturday 9:00 a. Al-Anon (Zoom only:) Mtng ID: 810 5054 8668, Pass Code: 860539 • Open Mtng. 3rd Sunday of month	FRIENDSHIP CLUB 2245 W. Fond du Lac Ave Milwaukee, WI (414) 931-7033 Email: friendshipinc@sbcglobal.net AA MEETING SCHEDULE Sunday 10:00 a. Friendship 11:00 a. Third Sunday Open Meeting Monday 10:30 a. Step Gp Tuesday 7:00 p. Gp 43 Big Book Saturday 10:30 a. Gp 112 Step Call for information on other types of meetings. Email: friendshipinc@sbcglobal.net	TRI-COUNTY UNITY CLUB 110 S 2nd St. Watertown WI www.tricountyunityclub.com Sunday 11:00 a. Big Book Study 6:30 p. New Beginners 7:00 p. Spanish Nuevo Amanecer Monday 10:00 a. Eye Opener Grp. 7:00 p. As Bill Sees It Tuesday 7:00 p. Keep It Simple 7:00 p. Spanish Nuevo Amanecer Wednesday 10:00 a. New Freedom Thursday 10:00 a. Thur.Morning 7:00 p. Spanish Nuevo Amanecer 8:00 p. Big Book Group Friday 4:30 p. Friday Happy Hour 7:00 p. Reality Check Saturday 10:00 a. Morning Group 8:00 p. Saturday Night Open Mtng BEAVER DAM AL ANON CLUB 115 N Lincoln St. Beaver Dam WI 53916 Sun: 10:30 a.m. & 7 p.m. Mon: 8 a.m., 6 p.m. & 8 p.m. Tue: 9:30 a.m. & 7:30 p.m. Wed: 8 a.m. & 7 p.m. Thur: 9:30 a.m. & 8 p.m. Fri: 12 Noon & 6 p.m. Sat : 12 Noon & 7 p.m. Open	MILWAUKEE GROUP 933 E Center St, Milw WI 53212. A.A. MEETINGS Sun. 10:00 a In-person 8:30 p. In-Person Mon. 5:30 p. In-Person 7:00 p. In-Person 8:30 p. In-Person Tue. 7:00 p. In-Person 8:30 p. In-Person Wed. 5:30 p. Zoom https://zoom.us/j/8974697046 pw:0 7:00 p. In-Person 8:30 p. In-Person Thur. 7:00 p. In-Person 8:30 p. In-Person Fri. 7:00 p. In-Person 8:30 p. In-Person Sat. 8:30 p. In-Person Milwaukee Central Office 7429 W Greenfield West Allis WI 414-771-9119 A.A. MEETINGS Sun. 9:00 a. Gp 10 Sunday Mon. 12:15 p. Tue. 12:15 p. Wed. 12:15 p. Thur. 12:15 p. Fri. 12:15 p. Sat. 9:15 a. 1st Step 10:30 a. We do not meet on major holidays.	LIGHTHOUSE ON DEWEY 1220 Dewey Ave. Wauwatosa WI AA MEETINGS Sunday 6:00 p. Jim's First Step 7:30 p. Gp 78 Great Room Monday 7:30 p. Laughs/Leisure Tuesday 6:00 p. 11th Step Meditation 7:30 p. Professionals Wednesday 7:30 p. Presidents Hall 8:00 p. "RES-IPSA" Thursday 7:30 p. Alumni No 12 Friday 7:15 p. Gp 74 Saturday 10:00 a. Gp 59 All Saint's Cathedral 818 E Juneau Ave. Milw 53202 Sun: 7:00 p.m. Bench Meeting Mon: 7:30 p.m. #08 Sane & Sober Tue: 10:30 a.m. Men's Gp. Wed: 7:30 p.m. Men's Gp. Fri: 7:30 p.m. Big Book Gp. Sat: 10:30 a.m. Men's Gp.
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JOIN the BIRTHDAY CLUB!

We celebrate birthdays, and we'd like to help you celebrate yours! Send us a contribution of **\$1 for each year of Sobriety**- or more if you choose- and we'll print your birthday in the Between-Us Newsletter. Include your Home Group, and we'll print that also!

Requests should be in by the 24th of the month prior to your sobriety date. Late arrivals will appear the following month.

Just fill in the form below and mail, with your contribution, to:

Payable to: "Greater Milwaukee Central Office"
Memo: Birthday Club
7429 W Greenfield Ave
West Allis WI 53214



Payment/Contribution: using [VENMO](#) or from our website, using [Credit Card](#) or [PayPal](#).

\$ _____ enclosed.

I will have _____ years on _____ / _____ / _____.

Name _____

Address _____

City _____ State _____ Zip _____

Phone: () _____ - _____

Email: _____

Home Group: _____



Years

Name

Home Group

37 (10/12/88) John H. Sunday Night Hartford

41 (10/1984) Elizabeth N.

28 (10/9/97) Richard D. Oak Creek



Support needed for the Helping Hand Gp.

Nativity Lutheran Church

6905 W Bluemound Rd.

Wauwatosa, WI. [Click for map.](#)

Wednesday Night at 8:00 PM



Financial News: Please remember our tradition of self-support. If you wish to contribute to the Central Office, you can now use [Venmo](#) from your smartphone.

[@MilwaukeeCentralOffice-AA](#)

...0785 are the last four digits of the phone number associated with the Venmo account. (You may be asked for these numbers)

If you don't use Venmo or PayPal, you can always come visit us at the Central Office or mail a check.

**Use QR Code
To Contribute
Using
VENMO**



NEW WOMEN'S AA MEETING

GIRLS JUST WANNA HAVE FUN

Starts **Wednesday** December 4th

6:30 PM

Mt Olive Lutheran Church

211 Main St. Mukwonago

Enter through the South door from the parking lot



NEW MEETING ANNOUNCEMENT

The Next Frontier: Emotional Sobriety

After we quit drinking, we face various challenges inherent in living sober. Bill Wilson identified that "dependency" was an impediment to our emotional sobriety and maturity. He realized that emotional dependency on people, places and things was the source of his emotional and mental distress, in fact he identified this as his basic flaw. This new meeting focuses on discussing issues relating to our emotional sobriety. We come together to explore ways we can overcome our emotional dependency and the unreasonable expectations and unenforceable rules that our dependency generates. *Are you ready for the next frontier?*

**Join us Thursday nights for a closed
discussion meeting on emotional sobriety.**

When: Thursdays @ 7pm

Where: St. John's Lutheran Church, 20275 Davidson Rd, Brookfield WI

HOSTED BY DISTRICT 17

AREA 75 CONFERENCE

7-9

NOV
2025

INGLESIDE HOTEL
PEWAUKEE, WI

*What was our
choice to be?*



FOR MORE INFORMATION: WWW.AREA75.ORG

3
WAYS

TO REGISTER

1 PRE-REGISTER BY MAIL

Use the form below, attach a
check & mail

OR

2 PRE-REGISTER ONLINE

www.eventbrite.com



ENTER:
2025 Area 75 Annual
Conference

OR

**3 ON-SITE DAY OF
\$35 Registration Fee
*or after October 27th**

PRE-REGISTRATION FORM

ONE FORM
PER PERSON

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP: _____

PHONE: _____ EMAIL: _____

ACCESSIBILITY OR DIETARY NEEDS: _____

MAKE CHECKS
PAYABLE:

Area 75 Conference Treasurer
PO Box 14
Union Grove, WI 53182

PLEASE CHECK OPTIONS BELOW

- ☐ Pre-registration \$30
- ☐ Saturday Night Buffet \$36
- ☐ Sunday Breakfast Buffet \$16
- ☐ Donation \$ _____

Total Enclosed: \$ _____